

Weekly Log Carrying Cards

Carry these cards with you in your wallet or purse to give you quick access to track your progress throughout each day of the week.

The points system is as follows:

30 minutes of physical activity – **7 points**

8 ounces of water – **1 point**

1 fruit or vegetable serving – **2 points**

1 day without tobacco products – **2 points**

Completing the “Weekly Bonus” – **10 points**

Forward email to a friend – **2 points**

Set a goal! Track your progress! See results!



Week 1
Start July 7

Week 1	M	T	W	T	F	S	S	Tot
Physical Activity								
Drinking Water								
Fruit & Vegetables								
No Tobacco								
Forward to Friend								
Weekly Bonus								
Totals								



Week 2
Start July 14

Week 2	M	T	W	T	F	S	S	Tot
Physical Activity								
Drinking Water								
Fruit & Vegetables								
No Tobacco								
Forward to Friend								
Weekly Bonus								
Totals								



Week 3
Start July 21

Week 3	M	T	W	T	F	S	S	Tot
Physical Activity								
Drinking Water								
Fruit & Vegetables								
No Tobacco								
Forward to Friend								
Weekly Bonus								
Totals								



Week 4
Start July 28

Week 4	M	T	W	T	F	S	S	Tot
Physical Activity								
Drinking Water								
Fruit & Vegetables								
No Tobacco								
Forward to Friend								
Weekly Bonus								
Totals								



Week 5
Start Aug 4

Week 5	M	T	W	T	F	S	S	Tot
Physical Activity								
Drinking Water								
Fruit & Vegetables								
No Tobacco								
Forward to Friend								
Weekly Bonus								
Totals								



Week 6
Start Aug 11

Week 6	M	T	W	T	F	S	S	Tot
Physical Activity								
Drinking Water								
Fruit & Vegetables								
No Tobacco								
Forward to Friend								
Weekly Bonus								
Totals								



Week 7
Start Aug 18

Week 7	M	T	W	T	F	S	S	Tot
Physical Activity								
Drinking Water								
Fruit & Vegetables								
No Tobacco								
Forward to Friend								
Weekly Bonus								
Totals								



Week 8
Start Aug 25

Week 8	M	T	W	T	F	S	S	Tot
Physical Activity								
Drinking Water								
Fruit & Vegetables								
No Tobacco								
Forward to Friend								
Weekly Bonus								
Totals								